



DR. EMILY STOWE P.S.

February 2019

“Where Children Grow”

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Principal's Message

Dear Parents/Guardians,

February recognizes the importance of empathy. Throughout February, we will focus on how our actions impact upon others and influence their thinking. We will carefully explore the difference between conflict and bullying, and identify the strategies we use to address these concerns. According to our recent School Climate Survey data, completed by grades 4-8 students in November, most of our students demonstrate a high ability to use a variety of strategies. Some of these identify ways to include others, seek out help or simply walk away. We are very proud of our students and know that we can continue to add to their tool kit of strategies as they develop.

Our Code of Conduct also continues to guide us as a school community. You may reference this at our website or in your child's agenda. The Code of Conduct applies to all members of our school community, including parents and guardians. Thank you for upholding these standards and serving as models to our students. Your respect for one another and our teachers is paramount to maintaining a safe school environment.

This month, we will be recognizing and celebrating many aspects that remind us how important our individual differences contribute to the larger community to enhance our school culture. At Dr. Emily Stowe, February includes Black History month, Pink Shirt Day, Arabic Club, and Grandview Tape a Toonie Day. Together we will continue to share our experiences and learn acceptance to be an even more respectful and peaceful community. Please see the attached calendar for dates.

As report cards go home February 20th, remember that we treasure the gifts your child brings to school each day. Should you wish to discuss the report, please contact your child's teacher directly to set up a meeting.

Mme Haley-Twiss

School Council

With the school year at its midway point the Council has been busy planning a Wellness Night (details to follow for March 27th) and discussing ways to improve our successful Stowe Christmas Market. We are hoping to create a committee in September to allow other parents in the Stowe community to come out and voice their ideas and volunteer their time to help continue to make this event a success. While on the topic of the Christmas Market, the funds raised from this year's event were \$1835.80 and those funds were allocated to the Kindergarten classrooms and some much needed gym equipment. Thank you all again for your support of this community event!

The School Council would also like to remind parents and guardians to continue to place your lunch orders for pizza, pitas and subs through the Healthy Hunger website.

Our next meeting will be Wednesday February 20th at 6:15 p.m. in the library. Child minding is available and all parents or guardians are welcome to attend!

Jackie Hester, Chair
soccer147@yahoo.com

Character in the School

February's Character Attribute

Empathy

I respect the feelings of others. I seek to understand what others are thinking to appreciate their perspectives. I listen and consider their views, even though we may not agree. I act with kindness and compassion.



Jr. Volleyball

On January 11th the Jr Volleyball team earned second place at our tournament. All students played their very best and made Emily Stowe proud. I would like to thank all players on the team as well as their parents for a fantastic volleyball season. Team members were Immanuel B., Leah P., Tyler O., Ashley P., Elijah F., Ryan L., Mitchell S., Hannah C., Halayna E., Logan M.

Ms. Jackson and Mrs. Morrallee



February Days

Winter Walk Day

Wednesday, February 6, 2019 - Friday, February 8

Around the school's perimeter.

Kids will walk around the school. The ETeam is creating an animal scavenger hunt based on where you might find animals in their habitat. Look for and name pictures of various birds and animals hidden outside.

Grandview Tape A Toonie

February 6, 2019

Tape a Toonie to support Grandview Kids. See flyer attached to the newsletter for more details. Wear blue and orange in support.

Sweater Day

Thursday, February 7, 2019, all day

Beat the cold and layer up! Wear a sweater or a hoodie to promote energy conservation. Conduct a survey for data management. Be sure to take pictures. Check out an update coming soon to our Stowe bulletin board.

Arabic Club

Dr. Emily Stowe is so excited to introduce our first ever Arabic club. With a growing population of Arabic speaking families in our school, we want to create an opportunity for students and their parents to connect, speak their native language to one another, and create a space where students feel most comfortable, socializing with each other.

Our first gathering will be February 13th at 10:40a.m. Any interested parents may join us as well. We will have games for the students, crafts and refreshments. Please contact Carlie Harding to RSVP or respond with any questions.

Carlie_harding@kprdsb.ca

مدرس ستوفي بالمرية الناطقة عدداً عائلاتهم تزايد مع ل.نا عربي ناد أول به تقديم ستو إميلي الدك تورة تحلم مساحة قلخو، البعض لبعضهم الأم به لغتهم والتحدث، لالتصال أمورهم لطلاب وأولياء فرصة لفتح أن نريد، البعض مع بعضهم الاجتماع تفاعلي والتواصل، بالراحة الطلاب فيها يشعر سيكون. أيضاً المهم تامين الوالدين من إلينا أي ينضم قد. 10:40 إلى ساعة في فبراير 13 هو لنا تجميع أول سيكون. أSDLة أي على الرد RSVP على Carlie Harding به - الاتصال يرجى. والحرف والمرطبات لطلاب ألعاب لدينا

Reminders from the Office.....

- All students should be using their entrance doors in the morning and **not** the main entrance unless they arrive after the morning entrance bell rings at 8:40 a.m.
- If your child arrives to school after 8:40 a.m. they need to sign in at the office as attendance is completed by this time and could result in them being marked absent. Signing in means no unnecessary calls to parents/guardians for a student marked absent because they arrived late. ***Please assist us and encourage your child(ren) to arrive on time for school,*** to avoid unnecessary disruption to the classroom and routines.
- We ask if parents need to have their child signed out at a specific time that they show up **5-10 min early** so we have time to reach the student and call them down. Our ultimate goal is to have you communicate the early sign out to the teacher via email or note in the agenda. We are striving to reduce disruption in the classrooms throughout the day and signing out early seems to be one of the major contributors. We want to work together with parents for a smooth transition. While we realize this may not work for every sign out, we would ask for your assistance with this matter.

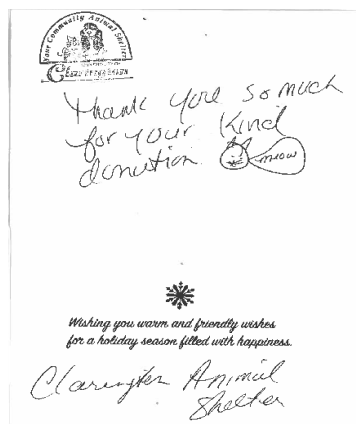


Bethesda House & Animal Shelter Thank You

Communication from the Bethesda House "Building Hope...Changing Lives":

"On behalf of the women and children we support, and the Board and staff of Bethesda House we would like to thank you very much for your support of Bethesda House and the work we do with women, youth and children dealing with domestic abuse. Your generosity truly makes a difference."

Mission Statement – In partnership with our community, Bethesda House provides secure shelter, woman-centered advocacy and support to women and their children, to empower them to live free from fear, domestic abuse and oppression.



Kiss n' Ride

Having students walk to school has health benefits and eases parking concerns. If you must drive your child to school, please obey the painted arrows showing the flow of traffic for our Kiss n' Ride area and be sure to follow the directions of any staff/student helpers wearing safety vests. Please be courteous to other parents/families by not parking your vehicle in the flow of traffic or behind other cars while in the parking lot. Remember, if you must park your car and exit your vehicle, please park in a designated parking spot or on the street. **Do not block other cars.**

The bus loop in front of the school is used for our Kiss n' Ride drop off in the morning and pick up at dismissal time. Please be reminded this is a FIRE ROUTE. The Fire Department and Bylaw officials periodically conduct inspections. If you exit your vehicle while parked in this fire lane you could be fined. If you need to park and exit your vehicle, please use one of the designated parking spots in the parking lot or park on the street obeying the traffic signs. This includes parents who are exiting their cars to pick up Kindergarten students while in the Kiss n' Ride loop.

For parents who would like to drop off or pick up their child in the Kiss n' Ride loop, students are to exit their vehicle doors on the right-hand side, closest to the school. Using the right-hand side of the vehicle is a safety measure as the left-hand side of the lane will continue to be a lane for cars exiting without stopping. Please remind your child if they are being picked up in the Kiss n' Ride lane to exit the school promptly after the dismissal bell to be respectful of those waiting behind in the line. The left-hand lane must be kept open for emergency vehicles.

Kiss n' Ride student assistants will happily walk your JK or SK child to the Kindergarten area in the MORNING only. These student helpers will be guiding you to the front of the lane, please observe the parking helpers by driving forward when requested.

Thank you in advance for your respect of our Kiss n' Ride procedures. Your cooperation makes the experience positive for everyone.

March 27th: Well-Being Conference For All Grades 6-8 Students

On March 27th all grade 6-8 students will participate in a full day well-being conference entitled, “Mission Possible: Developing Mindfulness for a Purposeful Future.” If you are interested in helping with this event, or to present a workshop for students, please contact Mme Haley-Twiss at Lorena_haleytwiss@kprdsb.ca or call 905-433-8747 for more information. We will need help with setting up snacks, a water station, preparing conference material, etc. Nurse Brian Dallaway will be assisting with this event, as well as our keynote speaker, Professor Robyne Hanley-Dafoe from Trent University. This promises to be an exciting day, full of learning for all!

Upcoming KPR Census

KPR is engaging students and parents in a census so we can have the best information possible to better understand our students, their backgrounds, and their needs. This data will allow us to serve students better in our classrooms and schools, and to help principals and board staff make the best possible decisions about programming and resource allocation. Information will come home with report cards on February 20th. Parents of students from JK-6 will complete this for their child. Students in grades 7 and 8 will be completing this at school at the end of the month. Participation is voluntary and information is confidential. Please go online at www.kprschools.ca to Census for more information.

Potassium Iodide Tablets (KI)

At the beginning of each school year, parents/guardians are asked to complete the Student Information Form which gives an option as to whether school officials have permission to administer KI pills to your student. In the event of an accident at the Darlington Nuclear Station, radioactive emissions may occur. The ingestion of potassium iodide (KI) pill will minimize the amount of radioiodine absorbed by the thyroid. It is expected there will be plenty of time to close the school and evacuate your child before any radiation exposure occurs. We do have some students who do not have permission to be given this pill. If throughout the year you wish to change that instruction, please ensure you contact the office immediately. A Fact Sheet is attached to provide additional information for review and consideration.

Website/Twitter



Be sure to check out our school website! Follow us on Twitter too! Keep in the know with what's happening and stay in the loop. If you are Facebook, School Council has a page that we do our best to keep updated as well! From Facebook, search “School Council at Dr. Emily Stowe Public School” and request to join.

With the expanding use of technology, in addition to or replacing the school connects automated calls, you will see more emails coming from us about important events in the school. Newsletters will start to come out to email this way as well, as we feel it is important for our school community to keep current about what is happening in the school. If you do not see emails from us, and they are not showing up in your junk/spam folder, please be sure to contact the office to confirm we have your current information.

Likewise, the use of Edsby is being used more and more by teachers. If you have not “activated” your Edsby account, please contact the office and an invitation can be sent to you.

Cold Weather Wear

Now that the cold weather is here to stay, it is important that your child(ren) come to school prepared for the weather. Warm coats, snow pants, hats and mittens are essential this time of year. Also, it is a great idea to send a spare pair of mittens, if the first pair gets wet. A pair of indoor shoes is another must, in order to help keep the hallways and classroom floors dry and safe.

Yard Supervision

Yard supervision in the morning begins at 8:25 a.m. Just a reminder that students should not arrive before this time as they will be unattended.



Pink Shirt Day



Wednesday, February 27th is Pink Shirt Day. This is an anti-bullying initiative that originated from two incredible Nova Scotia High School students. Bullying occurs in schools, workplaces, homes, and over the internet. Pink Shirt Day initiatives hope to raise awareness on this issue. We encourage our students to wear something pink that day to symbolize that we as a society will not tolerate bullying anywhere. You can visit www.pinkshirtday.ca for more information.

for An assembly to identify the difference between conflict and bullying will be held Tuesday, February 26th all students. Through an empathetic lens, we will review strategies to effectively work through these. A focus on verbal bullying will take place, as our School Climate Survey indicates that this is the most prevalent form of bullying that occurs in our school. Overall, our data indicates that the majority of our students feel a sense of belonging, have positive relationships and feel safe at school. These statistics are above the Canadian norm. We recognize that Dr. Emily Stowe is a great place to learn, but we also know that we can always aim higher to do better for our students.

Welcome To Kindergarten

If your child will be four years of age by December 31, 2019, now is the time to register for Kindergarten starting in September 2019! Our school is a stimulating, caring environment with a broad range of programs to help students excel in learning, succeed in life, and enrich our community.

Visit www.kprschools.ca, and click on School Registration to find your local school with our online maps. See what you need to register – such as proof of age, proof of address and immunization – and complete the registration form online. Check out the wealth of videos and tip sheets we have to help you prepare your child for school.

Absence Reporting

At Dr. Emily Stowe, the safety of our students is first and foremost. We have a new Absence Reporting System so that you may report an absence 24 hours a day, 7 days a week at 1-844-434-8119 or register at studentabsence.kprdsb.ca or download the app (available through your app store). If your child arrives late, please remind him or her to report to the office on their way to class, so we can record that your child has arrived safely. Thank you!



School Lunches through Healthy Hunger

Domino's Pizza is offered Mondays, Subway on Tuesdays and Pita Pit on Thursdays. If you have not yet signed up, there is a link on the school website. **We have now added gluten-free pitas!** These purchases help to support students at Dr. Emily Stowe. Place your orders now! <https://healthyhunger.ca/>



If you mention Dr. Emily Stowe before your items are scanned through, 10% of sales comes back to the school! Show your support for your school. Every little bit helps!

POPCORN, POPCORN, POPCORN



Popcorn sales will begin again shortly! We will make an announcement when sales will resume. All sales support the Grade 8s with their graduation ceremony expenses.



Kawartha Pine Ridge District School Board Presents

KINDERGARTEN INFORMATION SESSIONS

Who should attend? Current Kindergarten families, as well as families with children who will be entering Kindergarten in September, 2019.



- Find out about recent changes to The Kindergarten Program
- Learn more about Kindergarten assessment and reporting
- Meet with community agencies and partners
- Take away tips, tricks and tools to support your child in Kindergarten
- Free child minding is provided for children age 2 and up. Children of all ages are welcome to join families during the sessions.



Choose one of the five regional information sessions:

Tuesday January 29th – Brighton PS
Wednesday January 30th – C.R. Gumnow PS
Tuesday February 5th – Harold Longworth PS
Thursday February 7th – Duke of Cambridge PS
Tuesday February 12th – Roger Neilson PS

Refreshments and community information booths will be available from 5:30 p.m. to 6:00 p.m.

Information sessions and roundtable discussions from 6:00 p.m. – 7:00 p.m. in the library.

For more information or to register visit www.kprschools.ca/kindergarten

REGISTER NOW!



Grandview Kids Believe Campaign!



On February 6th, help our school show support for Grandview Kids!



February 6th 2019

Every day, kids with physical, communication and developmental needs across Durham Region rely on Grandview Children's Centre, the only family-centred paediatric treatment and rehabilitation centre in Durham Region.

Originally designed to serve 400 kids annually, Grandview now serves over 10,000 Kids and families each year, with more than 3,300 kids waiting for service.

Your \$2 donation will make a difference!

Tape a Toonie to support Grandview Kids



TAPE YOUR TOONIE HERE

School and daycares across Durham Region are raising funds to support Grandview Children's Centre. Every donation will help kids receive specialized support and services.

Please help by returning this portion of the flyer to your child's school or daycare with a donation by February 6th.

You can also donate online visiting <https://tinyurl.com/toonieforgandview>. Receive a tax receipt on all donations over \$10.

Thank you from Grandview Kids! grandviewkidsbelieve.ca



Every Student Matters Census

www.kprschools.ca/census



We are conducting our first **Every Student Matters** Census in **February and March** to better understand the backgrounds, experiences and needs of our students and school communities.

We need to hear your voice! It is important that the census reflects the voices of all students and families—the more responses we receive, the more effective the data will be to help improve programs and instruction.

Upholding confidentiality and protecting the privacy of students and families is of the highest importance. Information on individual students will remain confidential.



How will this make a difference?

Census findings will help schools and the board to:

- better understand student populations and school communities;
- identify and respond to barriers to student success, inclusion and well-being, and;
- establish effective programs and reallocate resources to where they are needed most.

PLEASE COMPLETE THE CENSUS AT

www.kprschools.ca/census



Black History Month Free Community Presentations All Are Welcome!



An Evening with Nadine Williams

Friday, February 22 • 6:30 p.m.
Dr. G.J. MacGillivray Public School

75 Meadowglade Rd., Courtice
Award-winning Poet, Author & Speaker

Africville Remembered

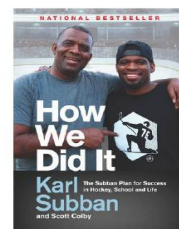
Wednesday, February 20 • 7:00 p.m.
Kenner Collegiate Vocational Institute

633 Monaghan Rd.S., Peterborough
Documentary Screening and Discussion
with Community Race Relations Committee of Peterborough

An Evening With Karl Subban

Tuesday, February 26 • 6:30 p.m.
East Northumberland Secondary School

71 Dundas St., Brighton
Author, Speaker, Retired Principal, Father of 3 NHL Players



#KPRBHM www.kprschools.ca kpr_info@kprdsb.ca

Potassium Iodide Tablets (KI) Fact Sheet

This fact sheet provides basic information only. It must not take the place of medical advice, diagnosis or treatment. Always talk to a health care professional about any health concerns you have, and before you make any changes to your diet, lifestyle or treatment.

In the event of an accident at a nuclear generating station that involves a release of radioactive iodine into the environment that impacts Ontario, one of the health risks is possible internal exposure of the thyroid gland to radioactive iodine. One way to protect the thyroid from the harmful effects of radioactive iodine is to take potassium iodide (KI). Here are some commonly asked questions about KI tablets:

Q: What is KI?

A: KI (the chemical name for potassium iodide) is a salt of stable (not radioactive) iodine. Stable iodine is an essential nutrient needed in very small quantities for the thyroid gland to function properly. KI comes in tablet form and can be easily swallowed.

Q: How does KI work?

A: When swallowed just prior to or shortly after exposure to radioactive iodine, KI fills up the thyroid with stable iodine so it cannot absorb any other iodine for a period of time. This prevents the thyroid from absorbing harmful levels of radioactive iodine so that the radioactive iodine will not accumulate, and the body will naturally excrete it. This process is also called iodine thyroid blocking.

The thyroid gland does not know the difference between non-radioactive and radioactive iodine and can absorb both. Absorption of harmful levels of radioactive iodine can increase the risk of thyroid cancer later in life, especially in children.

Q: Can KI be used to protect against all forms of radiation?

A: No. KI provides protection only to the thyroid gland and only against internal contamination from radioactive iodine. Radioactive iodine may be found in emissions from nuclear generating stations during an accident. KI will not protect against exposure to other contaminants contained in those emissions.



Recommended single dosage of KI according to age group:

| Age Group | Potassium Iodide (KI) Dose (mg) | # of 130 mg tablets | # of 65 mg tablets |
|---|------------------------------------|--|--|
| Adults (18 yrs +) Incl. pregnant or lactating women ¹ | 130 | 1 | 2 |
| Adolescents (12-18 yrs) ¹ | 65 | 1/2 | 1 |
| Children (3-12 yrs) | 65 | 1/2 | 1 |
| Infants (1 month-3 yrs) | 32 | Use KI Liquid Solution ² | 1/2 |
| Newborns (< 1 month) ³ | 16 | Use KI Liquid Solution ² | Use KI Liquid Solution ² |

¹ Adolescents approaching adult size (over 150 lbs/70 kg) should receive the full adult dose (130 mg)

² See "Preparation of a KI Liquid Solution"

³ Pregnant or lactating women and newborns should take only one single dose of KI

Q: What if I have a family member who cannot swallow a KI tablet?

A: People unable to swallow a KI tablet, and children under three years of age will require a KI liquid solution. Instructions for preparing the KI liquid solution are attached.

Q: How long are KI tablets good for? How should they be stored?

A: The expiry date is printed on the label of the KI packaging. The KI tablets should be kept sealed at room temperature and away from light.

Q: Are there any side effects from taking KI?

A: The risk of side effects from taking a dose of KI is extremely low for all age groups who have normal thyroid function. The overall benefit during a nuclear emergency outweighs the risks of side effects.

There is an increased risk of side effects for people with thyroid disorders i.e., auto-immune thyroiditis, Graves' disease, iodine deficiency, and nodular goiter. These disorders are more common in adults and the elderly, and are rare in children.

Rare side effects in other parts of the body, such as gastrointestinal effects or hypersensitivity reaction, may occur but are generally mild. People who are sensitive to iodine or who have an existing or previous thyroid disorder or any other concerns should consult their doctor or nurse practitioner prior to taking KI.

Q: When should I take KI and how will I know to take it?

A: If possible, KI should be taken before exposure to radioactive iodine during a nuclear emergency. The optimum time is two to six hours earlier. If that is not possible, KI should be taken as soon as possible after first exposure, ideally within three hours. There is no benefit to taking KI if there has been a 24-hour delay.

If there is a threat of significant exposure to radioactive iodine from a nearby nuclear generating station during an accident, the Chief Medical Officer of Health for Ontario will provide instructions through radio, TV, Internet and other available channels on where, when, how, and by whom KI should be taken.

KI is only to be used during an emergency situation at a nuclear generating station that impacts Ontario.

KI is only to be taken when instructed to do so by provincial authorities.

Q: Who benefits most from taking KI?

A: Pregnant and breastfeeding women, infants, children and adolescents should be among the first to receive KI as they are at higher risk for developing thyroid cancer after exposure to radioactive iodine.

Q: How many KI tablets should be taken and how often?

A: People who are at risk from exposure to radioactive iodine may be directed by provincial authorities to repeat a dosage every 24 hours for the duration of the exposure and/or until it is possible to evacuate.

Unless otherwise instructed, pregnant and breastfeeding women and newborn babies should take only one single dose of KI and not take repeat dosages.

The dosages that follow on the next page are consistent with Health Canada and World Health Organization recommendations. Larger doses than those indicated have no additional benefit and may increase the risk of side effects.

Q: Who should not take KI?

A: People with the following conditions must not take KI:

- Hypersensitivity to iodine. This is a very rare disorder that should not be confused with the more common hypersensitivity to contrast agents which contain iodine used in certain radiological examinations. A seafood or shellfish allergy does not necessarily mean that you are allergic or hypersensitive to iodine.
- Dermatitis herpetiformis (a chronic skin condition).
- Hypocomplementaemic vasculitis (an uncommon inflammation of the vascular walls, which can occur in certain immunological disorders).
- Myotonia congenita (extremely rare congenital defect involving muscle stiffness).

Q: Where can I get KI?

A: If you live in the vicinity of a nuclear generating station, contact your local municipality or [Public Health Unit](#) to obtain more information about acquiring KI, and to learn more about nuclear preparedness and response planning in your jurisdiction. These organizations will have information on planning around access to KI for residents within the primary zone.

KI is stocked near nuclear generating stations and is made available, free of charge, to people living or working in the primary zone (within 10 km of the station) as a precautionary measure due to the potential risk of exposure during the unlikely event of a radioactive iodine emission.

In the event of a nuclear emergency, the Chief Medical Officer of Health for Ontario will provide information on where to obtain KI through radio, TV, Internet and other available channels.

Q: Where are nuclear generating stations located in Ontario?

A: Please see the chart below listing the municipalities that are within 10 kilometres of a nuclear generating station:

| Nuclear Generating Station | Municipality |
|---|---------------------------------|
| Bruce Power | Kincardine |
| Chalk River Laboratories | Deep River and Laurentian Hills |
| Darlington Nuclear Generating Station | Durham |
| Pickering Nuclear Generating Station | Durham and Toronto |
| Fermi 2 Nuclear Generating Station, Michigan, USA | Amherstburg |

For more information, please visit: www.ontario.ca/radiationhealth

February 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|--|---|--|
| Black History Month | | | | | 1 PA DAY | 2  |
| 3  | 4 Vision Screening  | 5 for SKs Feb 4-6  | 6 Grandview Tape a Toonie (wear blue & orange) | 7  | 8 | 9 |
| 10 | 11  | 12  | 13 Arabic Club 10:40 | 14   | 15  | 16 |
| 17  | 18  | 19 Int. Basketball  | 20 Reports Go Home Census info home | 21 6:15 School Council  | 22 | 23  |
| 24 | 25 SK/Gr. 8 Grad Retakes  | 26 Wellbeing Assembly  | 27  | 28 Dental Screening JK/SK/Gr. 2  | | |